

RALPHIE FAT REDUCTION PLAN

Food Plan: Weekly: 5 fish meals

4 eggs

4- 1 oz. cheese

Daily: 4 slices Bread or equivalent

Or potato 4oz. = one slice - 8oz = 2

6 oz of pasta, or $1\frac{1}{3}$ cup rice = 1 slice. ^{or} $\frac{2}{3}$ c. rice = 2

2 portions of meat, chicken, or fish

6 to 8 oz. a portion. $\frac{3}{4}$ c. chicken

4oz of #4 vegetables

Peas, carrots, (parsnips), onions, squash (winter)

Yams $\frac{1}{2}$ c

Up to 4 cups #3 vegetables raw or two cups cooked:

Lettuces, Bell peppers or any kind of peppers,

Green beans, summer squash, (cucumbers), radishes,

Kale, (spinach), collard greens, (cabbage)

Fruit: 5 daily: one daily fruit: apple, grapes 4 oz.

Banana.

Free fruit: peaches, pears, berries (any kind) 4 oz.

Melons, cantaloupe

Oranges, grapefruit, lemons, limes, kiwi.

Exercise at least 4 to 5 times a week for at least 20 to 30 minutes.

Walking, bicycling, swimming, surfing, golf (if you walk the course), weights. Any form of movement that makes you sweat for 20 to 30 minutes.